

A recording apparatus for storing a motion picture having image data, comprises: a recording unit including an image storage area portion and an index area portion; an image writing unit which sequentially writes the image data of the motion picture into the image storage area portion of the recording unit; an address writing unit which writes an address to address a first image data of the motion picture into the index area portion of the recording unit as a start address of the motion picture; and a memory in which an address to address a last image data which has been stored into the image storage area portion of the recording unit is stored.